

# YOUR GUIDE TO MANAGING NDH

Non-diabetic Hyperglycaemia

***"I've just been diagnosed with NDH, what does that mean for me?"***

NDH refers to 'pre-diabetes' or borderline diabetes so your blood sugar is raised but not high enough to be classed as Type 2 diabetes.

***"Can I stop myself from developing Type 2 diabetes?"***

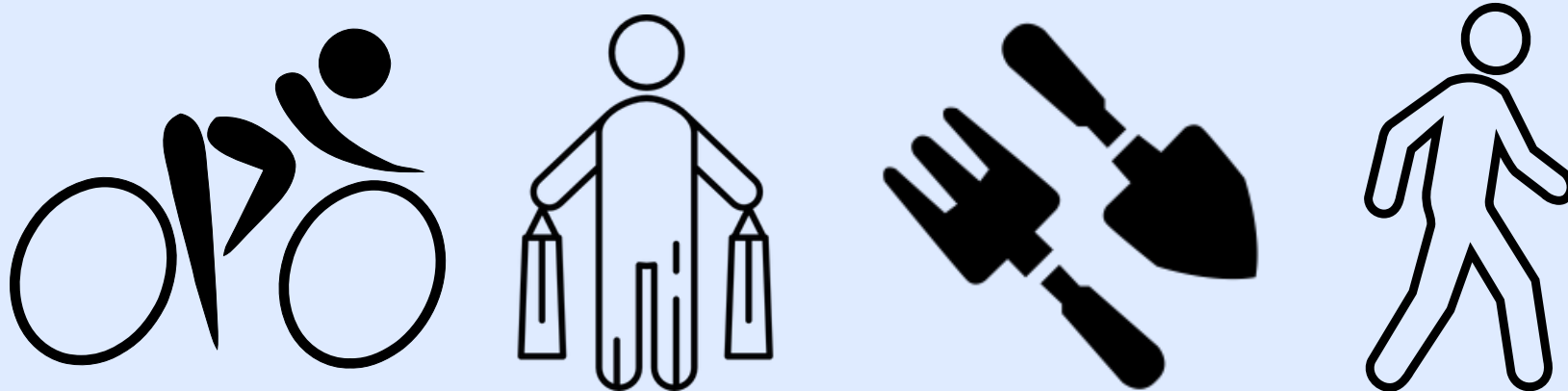
Yes- with the correct diet and lifestyle management you can control your blood sugar without any medication!



***"How can I manage my NDH?"***

1. Physical activity  
30 mins 5x a week
2. Lose weight  
If you are overweight
3. Control your diet  
Increase fibre, reduce fats and control portion sizes

**Try these to get your heart rate up...**



**Increase these foods in your diet:**



**Dietary advice for our South Asian community:**

- Try brown basmati rice instead of pilau/fried
- Cook curries in unsaturated fats like olive oil/rapeseed oil/sunflower oil instead of ghee
- Increase the portion of vegetables in curries
- Have less rice with curries/sabjis
- Use wholemeal flour to make chapattis as opposed to white flour

***"What support is available to me?"***

Ask your doctor if you are eligible for the:

NHS Diabetes Prevention Programme

**Helpful resources:**

KnowDiabetes website

Diabetes UK: 0345 123 2399

Speak to your doctor if you start developing any of the following symptoms:

- Urinating more often/ getting up in the night to urinate
- Feeling very thirsty
- Feeling more tired than usual

## References

Public Health England (n.d.) NHS Diabetes Prevention Programme. [online]. Available from: <https://www.yhscn.nhs.uk/media/PDFs/cvd/Diabetes/Links%20and%20resources/Supporting%20Health%20Economies%20preparing%20for%20implementation%20-%20NHSE.pdf> (Accessed 20 November 2023).

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